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**New backpacks
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Courtesy office of Tom Suozzi

Addressing the Democratic National Convention, U.S. Rep. Tom Suozzi said that while border security is a serious concern, the U.S. must also honor its legacy as a nation of immigrants.

Suozzi urges immigration reform at Dems' convention

By **ROKSANA AMID**

ramid@liherald.com

Vice President Kamala Harris accepted the Democratic presidential nomination at the party's convention last week, setting up a general election in which she will face off against former President Donald Trump, the Republican nominee, in November.

Harris's acceptance speech intertwined personal and political themes, highlighting the profound influence of her immigrant mother, a scientist who came to the U.S. with dreams of curing breast cancer. Harris described her mother as a resilient woman of color who faced challenges with strength

and taught her daughter to fight injustice through action.

Addressing border security, Harris criticized Trump for allegedly blocking a bipartisan border bill focusing on illegal immigration that was promoted by the Biden administration, for no other reason than to benefit Trump's campaign. She vowed to revive and pass the legislation to ensure security without political manipulation.

"Donald Trump believes a border deal would hurt his campaign," Harris said of the bill. "So, he ordered his allies in Congress to kill the deal. I refuse to play politics with our security."

CONTINUED ON PAGE 9

New gun store on Glen Street spurs debate

By **ROKSANA AMID**

ramid@liherald.com

Glen Cove Guns & Ammo, a new store at 44 Glen St., has ignited a heated debate among residents and city officials who are concerned about its location near family-oriented businesses, such as Madeline's Playhouse. The shop's opening earlier this month raised questions about the impact it may have on the community.

The controversy came to a head at Tuesday's City Council meeting, at which residents and officials voiced their shock at the store's sudden appearance. Barbara Dubin, a longtime Glen Cove resident, said that her concerns were not rooted in opposition to the Second Amendment, but rather focused on the potential impact of having a gun shop so prominently located in the heart of downtown.

"All of a sudden, a store shows up in the middle of Glen Street, right near a little girls' play store, with big black stick

letters that say 'Guns & Ammo.' I was shocked," she said. "Partly because I've always been told that the city government, especially this one, is very strict about signage, and that sign was particularly awful."

Dubin went on to draw a provocative comparison between the gun shop and a hypothetical porn shop, suggesting that while society is generally more accepting of guns than pornography, the latter has never caused physical harm.

"You don't need a background check to watch 'Deep Throat,'" Dubin added. "... So anyone who wants a gun, who wasn't arrested for committing a violent act previously, can obviously come to our lovely city, purchase a gun from someone who has no connection here, and even get it delivered on the very same day."

Mayor Pamela Panzenbeck responded to Dubin's remarks by acknowledging the problematic nature of the store's signage.

CONTINUED ON PAGE 7

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Officers Kevin Mullick, left, John Blanthorn, Superintendent Maria Rianna, officers James Shanahan, James Shanahan JR, Jarred Barretti, and Frank Arcuri helped to distribute more than 500 colorful backpacks to students.

Students receive free backpacks, supplies

By ROKSANA AMID

ramid@liherald.com

The first day of school can mean a lot of different things to students. There will be the return of homework and the reuniting with old friends. But what some take for granted — buying a backpack and school supplies for children — is too expensive for some families to provide. To help, the Nassau County Police Benevolent Association, Glen Cove Police Benevolent Association and Legislator Delia DeRiggi-Whitton handed out free backpacks and school supplies at Glen Cove High School on Aug. 22 to ensure children have a better start at the beginning of the school year.

The event, which has become a cherished community tradition, saw the distribution of over 500 backpacks, filled with essential school supplies. Each backpack contained notebooks, pens, crayons, and other classroom necessities, ensuring that students are well equipped for the start of the school year. This initiative began in Westbury in 2019 and gained significant traction during the pandemic as the need for such support became more pronounced.

The back-to-school season can be a time of great stress for parents, with a Life360 survey indicating that the cost of school supplies is the number one concern for 51 percent of parents. Initiatives like the backpack giveaway at Glen Cove High School provide crucial support, alleviating some of this stress and helping students to begin the school year on the right foot.

“This event is one of my favorite community traditions, and it is such a joy to see so many smiles on the faces of our



Glen Cove High School principal Allen Hudson said hello to a parent picking up the school supplies.

children after they select their new backpack,” DeRiggi-Whitton said. The numerous families who attended the event, many of whom expressed their gratitude for the much-needed assistance, echoed her sentiment.

Glen Cove Schools Superintendent Maria L. Rianna, highlighted how access to the right materials can make a significant difference in a student’s educational experience.

“School supplies are necessary for every student’s learning and growth, and Glen Cove Schools is grateful to our sponsors for making this event possible,” Rianna stated. “When students have access to necessary materials, they are better prepared to engage with their studies, complete their work efficiently, and participate actively in their education.”



County Legislator Delia DeRiggi-Whitton handed Linda Calzone backpacks for her two sons and daughter for use this school year.



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In the fall of 1990, some thirty-four years ago, your writer first heard of the proposition that if you set up a living trust your estate doesn't have to go to court to settle – the so-called probate court proceeding for wills. Having spent the previous eleven years as a litigation attorney, and having faced numerous problems probating wills, this sounded too good to be true.

At the time, some of the best estate planning lawyers were in Florida. Perhaps you can guess why. In any event, off I went to Florida to train as an estate planning lawyer and, upon returning, closed the litigation practice and founded Ettinger Law Firm in April 1991, to keep people just like you, dear reader, out of probate court.

The reason I was so excited about the living trust, and continue to be so to this day, is the concept of taking back control from the courts and government and giving it back to you and your family. After all, who doesn't want control over their affairs?

When you go to court, who's in charge? The judge, right? Now tell me, does the

judge always act in your best interest? Does the judge ever make a mistake? And when the judge says jump, you know what the answer is!

Not only do you pay considerably for this privilege, but it can take many months and often years to complete the probate court proceeding. Meantime, houses cannot be sold, bank accounts accessed, or investment portfolios managed – at least without the judge's permission which involves additional time and resources to request. Of course, that permission may be denied as well.

With a living trust, your trustee (formerly your "executor" under the will) may act immediately upon death to sell the house, pay the bills and handle the investments – no permission required! An additional benefit is, in the event you become unable to handle your affairs later in life, your trustee may take over by simply getting a letter from your doctor showing you are unable to handle your legal and financial affairs. Essentially then, a living trust gives you back the control you may have thought you had.

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Sounds of (non) Silence

In my day, before both items became obsolete, it was chalk scratching across a blackboard. Now, it's a cell phone (or watch) going off during a concert or show.

Either way, each is an example of a sound found universally annoying by those forced to endure what is collectively deemed "noise pollution."

While some sounds, like the above, are obvious and include dripping faucets and metal garbage cans rattling in the early morning and printers continuously beeping to let you know they're out of ink 'till you're out of your "beeping" mind, most annoying sounds are more subtle; yet often, just as annoying.

Such audio agonies include: sheets of paper being torn from a notebook... snoring... predawn leaf blowers ... cica-das ... each whistling breath drawn by the guy next to you who needs to blow his nose ... cars (and babies) without mufflers ... audible, but indiscernible, conversations ... trucks backing up ... broken doorbells ... whining ... car alarms that nobody shuts and to which nobody responds... dentists' drills... glass breaking ... drawers that need oil ... construction before eight a.m. ... singing along by those who do, but shouldn't ... squirrels on the roof (or worse, in the

attic) ...

Subways screeching to a halt ... vacuum cleaners ... the ticking of a clock (for those who remember when clocks ticked and tocked) ... cats crying in the night ... katz crying in the day ... motorcycles in residential areas ... sneakers on a gym floor... untuned instruments tuning ... windshield wipers on a dry windshield ... little kids banging on the piano (or drum or plate or other little kids) ... hairdryers ... radio stations fading as you drive beyond the range of frequency... train horns ...

Jack hammers ... squeaky shoes ... mumbling ... sirens at twelve-noon ... newspaper pages being turned ... your neighbor's pool equipment (never your own) ... music played (and replayed and replayed) when you're placed on hold ... wedding bands (the orchestra, not the rings) ... too loud or too close ... the snapping of chewing gum... the clicking of pens (by those who still use them)... unanswered tea kettles... people yelling "hello, hello" into an obviously disconnected telephone line... and perhaps, the most annoying of all:

The 'yes' of the coward, the 'no' of a loved one, and the politicians "maybe."



RON GOLDMAN

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NEWS BRIEF

New online tool to report flood damage

Nassau County officials are urging residents and business owners affected by recent flooding to promptly report damages using a newly developed online Damage Self-Reporting Tool.

Created in collaboration with New York State, it aims to aid state and local authorities in assessing the damage and potentially securing federal disaster assistance. Reporting is voluntary and

does not replace the need to report damages to insurance companies. Submitting the form does not guarantee disaster relief assistance.

Affected residences or business should submit a separate survey. The form is solely for gathering information and not an application for disaster relief programs. Access the survey by visiting NassauCountyNy.gov.

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Mayor honored by city police department

August 29, 2024 – GLEN COVE HERALD

By ROKSANA AMID
ramid@liherald.com

Glen Cove Mayor Pamela D. Panzenbeck was honored as the Person of the Year by the Glen Cove Police Department and the Police Benevolent Association during a special event held on Aug. 23, just before the Downtown Sounds concert series began.

This recognition came in lieu of the traditional National Night Out event, which had been scheduled for Aug. 6 but was canceled due to rain, marking the first time in 17 years that the event did not take place. Glen Cove Police Chief William Whitten, Deputy Chief Chris Ortiz, and Sergeant Roberto Telesis, who acknowledged Panzenbeck's leadership and contributions to the community, presented the award.

National Night Out is a nationwide community-building campaign that promotes police and community partnerships. Although the event was canceled this year, its significance remains, rooted in a history that dates back to the 1970s. Matt Peskin, who worked with the Lower Merion Community Watch program in the Philadelphia suburbs, created national Night Out. The initiative has grown from its early days to become a major annual event across the United States, promoting neighborhood camaraderie and safer communities.

"She's had her foot on the gas pedal and hasn't taken it off," Whitten said about Panzenbeck. "She's truly selfless. Pamela has truly made an impact on our lives, and we thank her for inspiring us all."

In her acceptance speech, Panzenbeck expressed deep gratitude for the recognition, emphasizing her strong connection to the residents of Glen Cove.

"I am deeply humbled. It means so much to me because every one of you means the world to me," Pan-



Courtesy Gill Associates Photography

Glen Cove Mayor Pamela D. Panzenbeck was honored as the Person of the Year by the city's police department and the Police Benevolent Association during a special event held on Aug. 23, that coincided with her birthday.

zenbeck shared. Reflecting on her tenure as mayor, she highlighted the addition of nine new police officers, and proudly declared her unwavering support for the local police force.

"I back the blue," Panzenbeck said. "Your commitment to our safety and well-being goes beyond all expectations. I am the mayor with the greatest Police Department."

The presence of Panzenbeck's children and several of her grandchildren, who were there to share in the proud moment and celebrate her 71st birthday, made the evening even more special for her.

Panzenbeck, a retired business and computer education teacher, is a lifelong resident of Glen Cove and a graduate of Glen Cove High School. Her passion for improving her hometown have been evident not only

during her time in office but also throughout her years as a volunteer before she became involved in city government.

Panzenbeck has deep roots in the community. Several of her relatives served as role models for her civic dedication; her great-grandfather and great-uncle were both commissioners of the Department of Public Works, and her aunt was instrumental in starting the girls' softball league in the area. She has said this legacy of service continues to inspire her work as mayor.

During the event, Panzenbeck credited the Glen Cove Police Department as a significant factor in the city's ranking by Money.com as one of the top places to live in the nation in 2023. According to Crimegrade.org, Glen Cove boasts a low crime rate, making it safer than 98 percent of U.S. cities across the nation.

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Traffic issue fuels avenue safety concerns

By **ROKSANA AMID**
ramid@liherald.com

Glen Cove Avenue is one of the main arteries running through the heart of Glen Cove. It's a bustling, two-lane street lined with a mix of local businesses and residential areas. During peak hours, the avenue is often congested with a steady stream of cars, delivery trucks, and public buses. For 20 years, pedestrians and cyclists have traveled the road with caution.

On the evening of Aug. 20, Glen Cove resident Daniel Cruz, the youngest of five siblings, was involved in a fatal bicycle accident on Glen Cove Avenue. Cruz, riding a bicycle that belonged to his cousin, was traveling eastbound down a steep walkway behind a residential building when he entered traffic and collided with a 2004 Honda Accord driven by a 31-year-old man. Despite being rushed to Glen Cove Hospital, Cruz was pronounced dead at 9:29 p.m.

Detective Lt. John Nagle of the Glen Cove Police Department said in this instance, the driver couldn't have prevented the collision.

"It just happened so spontaneously," Nagle said. "He (Cruz) built up speed coming down that walkway, and it was really unavoidable."

The tragic incident has sparked concerns among Glen Cove residents, many of whom have voiced their fears about



Roksana Amid/Herald

During peak hours, Glen Cove Avenue is often congested with a steady stream of cars.

the safety of the city's roads, particularly Glen Cove Avenue, Brewster Street, and Forest Avenue. These roads are often described by locals as wide, fast-moving, and lacking in proper infrastructure for cyclists and pedestrians.

Katie Morse highlighted the absence of dedicated bicycle lanes in Glen Cove as a key issue, suggesting that while adding bike lanes might be a long-term solution, there are immediate steps that could be taken to improve safety.

"Making the areas that are shoulders clear, passable, and accessible helps so bicycles don't have to swerve to avoid debris and potholes," Morse said. She also pointed out that improving lighting and trimming back trees could make areas of low visibility safer for both cyclists and drivers.

The incident also resonated with residents living near the site of the accident. Daniele Jackson, who lives on the corner where Cruz was struck, recount-

ed a separate, near-miss incident that occurred just two days prior, when a driver lost control of his vehicle and crashed into a tree.

"Everyone flies up and down this street, and since it's on a hill, there are major blind spots," Jackson said. "I'm even scared for my children to play on the side of the house. I am drafting a petition to either have a traffic light or maybe a speed camera here because there are too many children, bicyclists, pedestrians here, especially in this one spot to not have any traffic regulations."

During a gathering after Cruz's funeral on Aug. 24, his family and neighbors reflected on his death, saying they wished for more protective measures for the Kennedy Heights apartments. Aura Rivera said her mother doesn't leave the complex as a pedestrian, instead, her mother opts to leave in a car because she feels unsafe traveling on the avenue.

Cruz' sister, Zulma Chavez, said she hopes the city and county will recognize the pressing need for more safety measure for the area.

"My brother was an amazing person," Chaves said. "He was someone you can ask anything of, and he would be kind to help you at any time. He was always there for my kids."

A GoFundMe campaign was established online to help Cruz' family. To donate, visit: gofund.me/867b3a38.

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Suozzi highlights immigration challenges

CONTINUED FROM PAGE 1

Among Harris's supporters at the DNC was U.S. Rep. Tom Suozzi, of New York's 3rd Congressional District, who called for bipartisan and humane solutions to America's ongoing immigration challenges. Suozzi, who won his seat in a special election earlier this year, framed his remarks within the context of his own immigrant heritage, linking his family's story to the broader American narrative of opportunity and perseverance.

Suozzi's speech was a key moment in the convention, as Democrats sought to unify their message two and a half months before the presidential election. With immigration continuing to be a polarizing issue, Suozzi's emphasis on bipartisan cooperation struck a deliberate contrast to the increasingly divisive rhetoric that has characterized the national debate.

"My father came from Italy as a boy, was the first kid in the neighborhood to go to college, served as a navigator during World War II, came home, and at 28 was elected as the youngest judge in the history of New York state. What a country!" he told the audience, eliciting applause. He invoked his grandfather's wisdom, shared through a family toast that marriage, like life, involves both joy and hardship: "*Non c'è rosa senza spine* — You can't have the roses without the thorns."

Suozzi acknowledged that while border security is a serious concern, the U.S. must also honor its legacy as a nation of immigrants. "The immigrant experience. *E pluribus unum*. Out of many, one. My family's experience! Kamala Harris's experience! The American experience!" he said, linking his story of immigrant roots

to Harris's. While Suozzi did not delve into policy specifics, his remarks were a ringing endorsement of Harris's approach to immigration. He praised her for her commitment to both securing the border and ensuring humane treatment for those crossing it, portraying her as a leader who understands the balance between enforcement and compassion.

"Kamala Harris will work to secure the border while also honoring the United States' history as a nation of immigrants," Suozzi asserted.

He also critiqued the current state of political polarization, which he described as "painful." He particularly criticized Republicans for exacerbating divisions and undermining efforts in the Senate to pass a bipartisan border security bill. Although Suozzi did not name former President Trump directly, he left little doubt about whom he held responsible for the failure of what he described as a promising legislative effort.

"The bottom line is that the people in the United States of America are concerned about the border," Suozzi said at a news conference before his speech. "And what we've seen is that if we talk about the border and show that we're willing to support the bipartisan Senate deal, the American people like that. The fact that that deal was undercut by President Trump is really damaging."

Suozzi's focus on immigration has been a defining feature of his recent political career and has been at the forefront of addressing the local impact of national immigration policies.

Since reclaiming his seat in February, Suozzi has



Courtesy office of Tom Suozzi

U.S. Rep. Tom Suozzi called for bipartisan and humane solutions to America's ongoing immigration challenges at the Democratic National Convention.

argued that the Democratic Party must take a firm stance on border security to counter Republican attacks while also advocating for comprehensive immigration reform.

Suozzi has also emphasized building bridges between the two parties on immigration. He has positioned himself as a pragmatist, willing to collaborate with Republicans to find common ground on an issue that has long defied easy solutions.

"People are sick of the attacks and the extremism," he said before his speech. "They're sick of the gotcha. They want people to work together, solve problems, and make the world a better place."



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Danica Roerden/Herald photos

Concertgoers sat on blankets and chairs as they listened to Vivaldi’s iconic concerto ‘The Four Seasons’ performed by Chamber Players International.

Vivaldi comes to life at the Planting Fields

The Planting Fields Foundation hosted an afternoon of music and conversation featuring Chamber Players International, maestro Enrico Fagone, and violinist Lorenzo Mazzamuto. The concert took place at Planting Fields Arboretum in Oyster Bay on Aug. 24, where the ensemble performed Antonio Vivaldi’s iconic masterpiece, “The Four Seasons.”

Fagone provided insightful commentary on Vivaldi’s influence on generations of composers and explored the connection between Vivaldi’s love of nature and the ecological themes in his work.



Enrico Fagone, conductor and artistic director of Chamber Players International, was honored by Marisa Gambino, president of Loggia Glen Cove #1016, at the pre-performance welcome back reception.



Violinist Lorenzo Mazzamuto is an accomplished musician known for his versatile performances, both as a soloist and chamber musician.



Enrico Fagone and Lorenzo Mazzamuto shared smiles after performing Vivaldi’s ‘The Four Seasons’ at Planting Fields Arboretum.



Vivaldi’s music has inspired generations of composers and musicians, including Michaela Tufariello.



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Meet Guy. He’s a local small business owner, rock bassist, and fan of LEDs. It didn’t hurt that he got \$5,900 in rebates to replace his store’s old lighting with energy-efficient fixtures.* He says his store and his guitars look great in the new LED glow. And, with the monthly energy cost savings, he couldn’t be happier.



psegliny.com/businessrebates

*Rebates and savings will differ with every energy efficiency project.



Alice Moreno/Herald photos

Valley Stream Fire Department Ex-Chief Richard Sullivan, center, was all smiles as he was recognized for his dedication to the community.

First responders celebrated for heroism

By **ROKSANA AMID**
ramid@liherald.com

First responders are the backbone of public safety across Nassau County, the first line of defense in emergencies. Whether it's battling fires, responding to medical crises or managing disasters, these dedicated professionals — firefighters, police officers, paramedics and EMTs — rush into danger to protect and save lives.

In a heartfelt ceremony at the Nassau County Police Department's David S. Mack Center for Intelligence on Aug. 22, U.S. Rep. Anthony D'Esposito recognized the courage and dedication of more than 40 first responders from around the county. They were nominated by their municipalities in the 4th Congressional District for acts of heroism and exemplary service.

D'Esposito, who served as a detective in the New York City Police Department for over a decade and as chief of the Island Park Fire Department, emphasized the critical role first responders play, not just in times of crisis, but in the daily safety and security of county residents.

"We are gathered here this evening really for something that we should be doing every single day," he said. "It's unfortunate in the world that we live in that all too often, it seems that war is being waged on first responders. Those of us in law enforcement have seen that the handcuffs that we're supposed to use on others have suddenly been used on us, hindering us from doing the great work and conducting the great investigations that we do."

During the ceremony, D'Esposito also announced a major achievement for the Nassau County Police Department: a \$3 million federal grant that he secured to build a state-of-the-art

training center. This new facility, set to be constructed behind the existing Center for Intelligence, will feature simulated environments such as a bank, a restaurant, a school, a store, and houses of worship. These realistic settings will provide invaluable training opportunities for police officers as well as federal agents and other law enforcement partners.

Among the honorees was Lt. Petros Mesthenas, a 36-year veteran of the Freeport Fire Department. Mesthenas was recognized for his heroic actions during a devastating five-alarm fire on April 1, 2023, when he navigated a smoke-filled, explosion-damaged garage to rescue two trapped firefighters. His bravery also earned him the prestigious title of New York state's Firefighter of the Year earlier this month.

"I'm a product of the tradition and the experience that has been passed down to me by the senior men of Church Street," Mesthenas said. "It was very nice to receive the recognition, but there's tons of other people out there that deserve it also every day."

Another honoree was Ex-Chief Richard Sullivan of the Valley Stream Fire Department, for his more than six decades of service to the community. At age 83, Sullivan continues to serve in the department, and remains an active member of the Benevolent Association. He has worked with the village since 1960, and celebrated his 65th year in the department and the association this year.

County Executive Bruce Blakeman, who was also in attendance, lauded the first responders for their unwavering commitment to the community. "Without first responders, the residents of Nassau would be less happy and less safe," Blakeman said.

First responders honored by Congressman Anthony D'Esposito

- | | |
|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Cedarhurst Auxiliary Police Department
Auxiliary Police Officer Adam Kwitkin | Lawrence-Cedarhurst Fire Department
Chief Michael Belinson |
| East Meadow Fire Department
Ex-Chief Arthur Sperr | Chief Meyer Adler |
| Ex-Chief Eric Becker | Lynbrook Fire Department
Corresponding Secretary Robert Scott |
| Ex-Chief James Aspenleiter Sr. | Lynbrook Police Department
Officer Jean Claude James |
| Capt. James Aspenleiter Jr. | Malverne Fire Department
Ex-Chief Scott Edwards |
| East Rockaway Fire Department
Ex-Chief Ronnie Roeill | Nassau County Police Department
Officer Quinn Knauer |
| Freeport Fire Department
Lt. Petros Mesthenas | Officer Dylan Judd |
| Freeport Police Department
Detective Shawn Randall | Officer Richard Czechtoka |
| Garden City Fire Department
Ex-Chief Leonard Rivera | Officer Nicholas Accardi |
| Garden City Police Department
Detective Steve Roumeliotis | Officer Evan T. O'Brien |
| Officer James Gunnels | Officer Christopher Black |
| Officer Thomas Schade | North Merrick Fire Department
1st Assistant Chief Daniel Fasano |
| Detective Paul Hennesy | Lido & Point Lookout Fire District
Assistant Chief Dr. David Neubert |
| Lieutenant Matthew Walsh | Rockville Centre Fire Department
Chief Scott Mohr |
| Officer Michael Titteron | Ex-Chief Michael Lapkowski |
| Comms. Operator Dana Gaspares | Lt. John Grandazza |
| Detective Lt. William Grimes | Lt. Johnny Cook |
| Officer Christopher Caiazza | Stewart Manor Fire Department
Honorary Chief Carl Barone |
| Officer Nicholas Pumilia | Uniondale Fire Department
Ex-Chief Jessica Ellerbe |
| Detective Kevin Madden | Valley Stream Fire Department
Ex-Chief Richard Sullivan |
| Officer Tiffany D'Alessandro | Wantagh Fire Department
Capt. Stephen Lincke |
| Detective Lawrence Petraglia | |
| Long Beach Police Department
Officer Kevin Rice | |
| Island Park Fire Department
Ex-Captain Ricky Holodar | |

WEDNESDAY
SEPTEMBER 18 • 6:00-9:00PM

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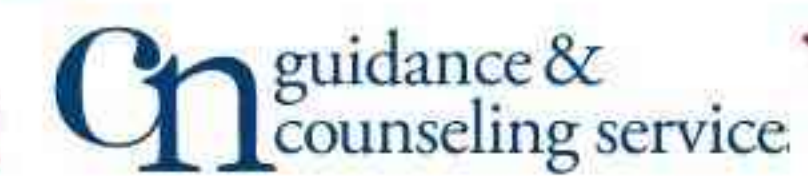
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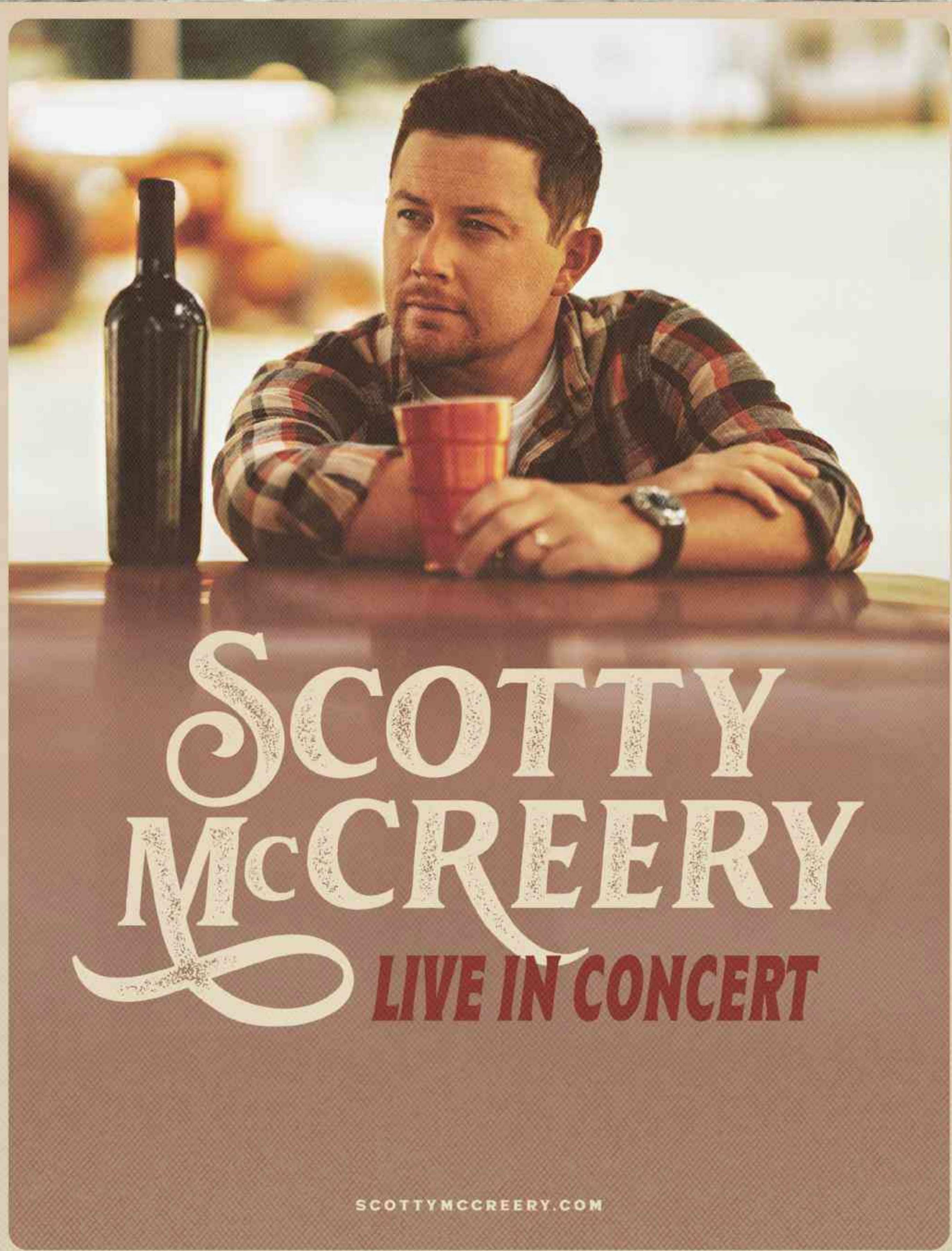


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PERSON TO PERSON

Brainstorming: In the opposite direction

“I hate my job,” Marianne said. “I’d love to quit but I’m afraid. My job pays the bills. It provides health insurance, status, and respectability. I’d be so nervous giving up those benefits, so I err on the side of caution.”

“What if you didn’t err on the side of caution?” I asked, “But erred on the side of risk? Then what would you do?”

With an impish smile, she replied, “I’d quit my job today and travel for a month. Then, I’d start my own business.”

Marianne didn’t quit her job that day, but after reviewing her financial situation and responsibilities, she did six months later. She had had enough of “settling,” of playing it safe. She was tired of erring on the side of caution.

Always the dutiful daughter and willing worker, she was finally ready to take a gigantic risk. Throwing off the shackles of always doing what was expected of her, she gave two weeks’ notice, then booked her trip to Europe. “This move,” Marianne reflected, “was not simply a career move; it was about saving my soul.”

Three years later, when I saw Marianne, she was elated that she had decided to leave her job. “Not only was starting my own business what I longed to do, but it also, strangely enough, left me in a safer position than some of my former colleagues. When the economy went south, several of my co-workers were let go.”

To make her momentous decision, Marianne had to brainstorm. Brain-

storming encourages thinking in the opposite way to your usual way of thinking. For Marianne, this meant erring on the side of risk, instead of caution. Most brainstorming, however, is more complex. It’s a way to problem-solve by rapidly generating a variety of possible solutions, without censoring or telling yourself, “That’s impossible.”

PsychWisdom



LINDA SAPADIN

Often, brainstorming is done in a small group, in which all members contribute their ideas. The goal is to generate possible, though not necessarily realistic or probable solutions. It’s important not to reject an idea early on because it sounds silly, or you don’t believe it’ll work. By counteracting the tendency to ditch an idea before you examine its possibilities,

you’ll expand and enrich your life.

So, next time you feel stuck, envisioning only one possible solution to a problem, try brainstorming — by yourself, or better yet, with others. The process will expand your creativity and energize your spirit. It’s fun to do. It doesn’t bite. It has zero calories. And it’s free. How many things do you know that satisfy all these criteria?

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Linda Sapadin, Ph.D., psychologist, coach, and author specializes in helping people improve their relationships, enhance their lives, and overcome debilitating anxiety, procrastination, and depression. Contact her at DrSapadin@aol.com. Visit her website at PsychWisdom.com.

NEWS BRIEF

Town to host fishing tournament in O.B.

The 38th annual Town of Oyster Bay Bluefish Tournament is on Sept. 15. The post-tournament tailgate party is on the beach at Theodore Roosevelt Park in Oyster Bay.

The tournament runs from 4:30 a.m. to 4 p.m. All ages. All contestants must be pre-registered. Entrance fee is \$40 for Town of Oyster Bay residents and \$60 for non-residents. Register before Sept. 10 to receive a tournament T-shirt and automatically entered for various door prizes. All contestants are entered for other prize drawings.

In-person registration is offered at Duffy’s Bait & Tackle in Glenwood Landing, Causeway Bait & Tackle in Wantagh, and Hi-Hook Bait & Tackle in Huntington. The town is also hosting regis-

tration from 8 a.m. to 5 p.m. on Sept. 14, or it can be mailed to: Town of Oyster Bay Department of Parks Attn: Jackie Devlin Bluefish Tournament 977 Hicksville Road Massapequa, NY 11758.

Along with plaques, winners of 1st through 10th Places will receive gift certificates in the following amounts: 1st Place – \$1,000; 2nd Place – \$750; 3rd Place – \$500; 4th Place – \$400; 5th & 6th Places – \$300; 7th & 8th Places – \$100; 9th & 10th Places – \$100. Prizes subject to increase based on registration. Raffle winners must be present to receive their prizes, which will be presented at the tailgate party scheduled for 3 p.m.

For further information, contact the Town of Oyster Bay Parks Department, Recreation Division, at (516) 797-7945.

STEPPING OUT

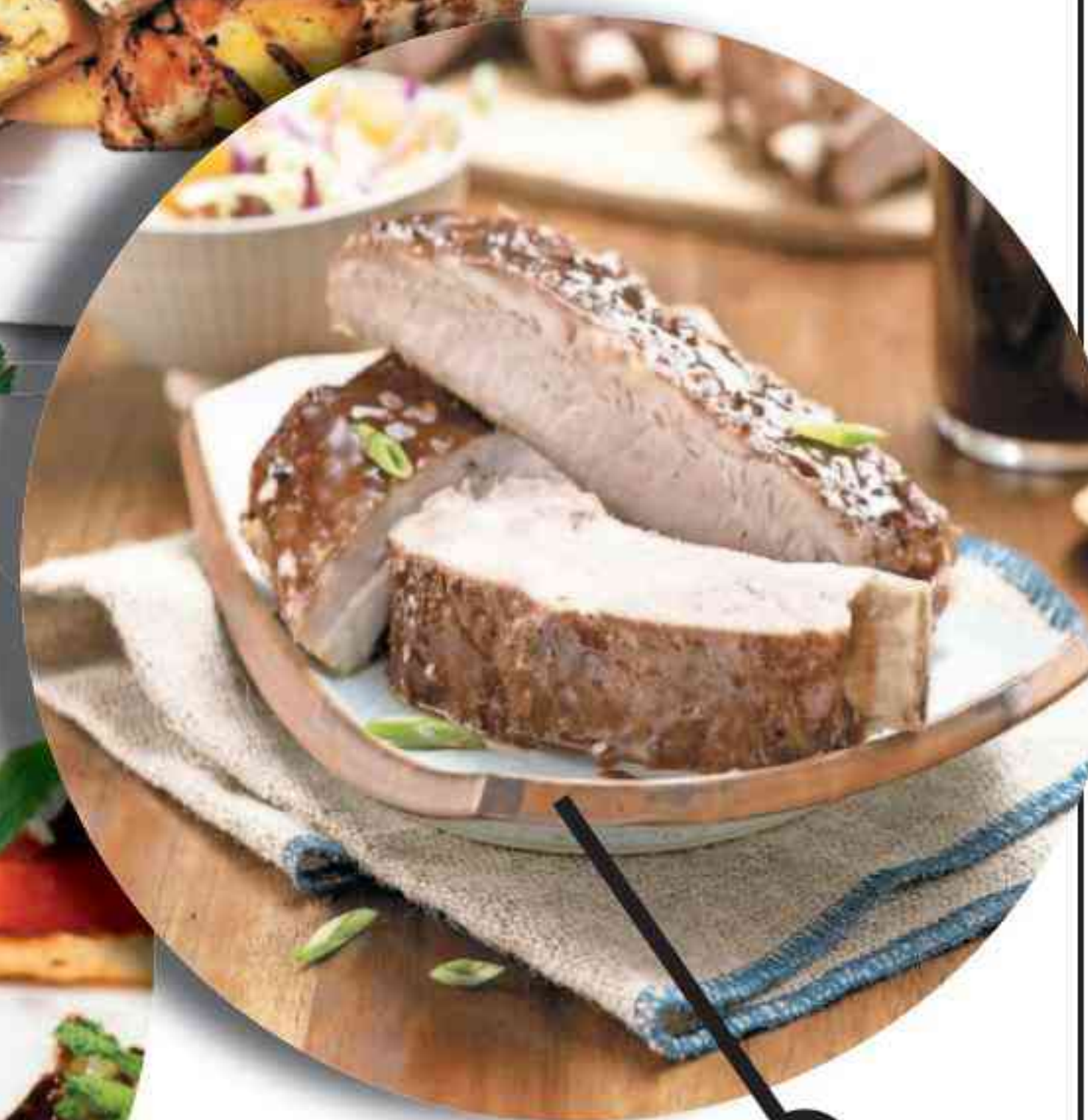
At The Grill



Chicken and Pineapple Skewers



Grilled Watermelon, Feta and Balsamic Crackers



Asian Style Ribs

Summer's farewell is best enjoyed with some al fresco entertaining

By Karen Bloom

Fire up that grill to savor summer's waning days over Labor Day weekend. When it comes to entertaining outdoors, easy yet flavorful dishes that spotlight the season's bountiful harvest can keep prep time to a minimum. Plus, they're sure to please guests' palates.

Of course, appetizers while you wait for the grill to heat are practically a requirement, after all. Instead of the typical rich, creamy dips, try a lighter approach, like some cracker canapes. That set the stage for what's to come.

Grilled Watermelon, Feta and Balsamic Crackers

- 4 watermelon wedges (1/2-inch thick slices, 4 inches wide at base)
- 16 multi-grain crackers of your choice
- 1/4 cup finely crumbled feta cheese
- 1/4 cup prepared balsamic reduction
- 2 tablespoons finely chopped fresh mint
- Kalamata olives, optional

Heat grill to medium-high; grease grate well. Grill watermelon wedges, turning once, 3-5 minutes, or until grill-marked on both sides. Cut each watermelon wedge into four smaller wedges.

Top each cracker with watermelon wedge and sprinkle with feta. Drizzle with balsamic reduction. Garnish with fresh mint.

Tip: Add finely chopped Kalamata olives for a tangy twist.

Chicken and Pineapple Skewers

- 8 skewers
- 1 pineapple
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 1 3/4 boneless skinless chicken breasts, diced into 1-inch pieces

Soak wooden skewers for 15 minutes prior to grilling.

Heat grill to medium-high heat.

Remove rind from pineapple and dice into 1-inch pieces.

In small bowl, combine oil, salt and pepper. Add chicken and pineapple; toss to coat.

Alternating chicken and pineapple, pierce onto skewers.

Grill skewers 8 minutes each side, or until chicken is cooked thoroughly. Serve with lemon-cucumber salsa; makes 4 servings.

Lemon-Cucumber Salsa

- 1 lemon, supremed
- 1 cucumber, diced
- 1/2 red onion, diced
- 1 tablespoon wildflower honey
- 1 teaspoon ground black pepper

In medium bowl, combine lemon, cucumber, onion, honey and pepper.

Tip: Supreme citrus fruit by cutting off top and bottom of fruit then cut away peel and pith, leaving no white on outside of fruit. Slice each segment into wedges by cutting toward center of fruit along membrane.

Asian Style Ribs

- 1/2 cup kosher salt
- 1/3 cup light brown sugar
- 1 tablespoon ground cinnamon
- 1 1/2 teaspoons ground anise or fennel seed
- 1 teaspoon black pepper
- 1/2 teaspoon ground cloves
- 2 racks St. Louis-Style spareribs, membrane removed
- 1 handful hickory or apple wood chips for smoking, soaked in water and drained (optional)
- 2 cups hoisin barbecue sauce

About 30 minutes before grilling, make the dry rub.

Combine the first six ingredients in small bowl; mix well. Generously coat both sides of ribs with rub. Set aside at room temperature for 30 minutes.

Heat charcoal or gas grill for indirect cooking at 275 F. Add drained wood chips, if using.

Place the ribs, meaty side up, over a drip pan and cook for 2 hours. Add about 12 coals to a charcoal grill every 45 minutes or so to maintain the heat.

Remove ribs from grill. Double-wrap each rack in heavy-duty aluminum foil. Return wrapped ribs to the grill and cook for 2 hours more over indirect heat, until very tender.

Remove ribs from grill and unwrap. Place ribs over direct heat on grill and brush with hoisin barbecue sauce. Cook for about 5 minutes until the sauce is set. Turn ribs and repeat with more sauce. Serve ribs with remaining hoisin barbecue sauce.



Dweezil Zappa

Guitarist Dweezil Zappa brings the aptly named "Rox-Postrophy" Tour to the Paramount stage. Zappa is celebrating two of his father Frank Zappa's landmark albums, "Rox & Elsewhere" and "Apostrophe." The tour commemorates the 50th Anniversary of both albums and Zappa has curated a setlist highlighting fan-favorite tracks from each record, replete with unique hybrid arrangements. Known for his masterful performances and deep connection to his father's music, he returns to concert stages for the first time since the 2020 Hot Ratz Live! Tour, continuing to guide fans through the thrilling and sophisticated world of his father's music. His music effortlessly traverses genres, seamlessly weaving together elements of rock, fusion, and experimental sounds, all while maintaining a signature style that is unmistakably his own. In addition to his solo work

Friday, Aug. 30, 8 p.m. \$89, \$79.50, \$69.50, \$59.50, \$49.50, \$39.50.
The Paramount, 370 New York Ave., Huntington. Tickets available at Ticketmaster.com or ParamountNY.com.



Brandy Clark

Grammy and CMA Award-winner, Brandy Clark is one of her generation's most esteemed songwriters and musicians. A perennial critics' favorite, Brandy Clark is "universally revered" among fellow country songwriters, having penned hits for Kacey Musgraves, Band Perry, Darius Rucker, and Miranda Lambert (Los Angeles Times). But Nashville's sought-after tunesmith is coming into the spotlight after a whirlwind period that included her Broadway debut as co-composer/lyricist of the Tony Award-winning musical "Shucked," the release of her latest self-titled album (produced by close friend and collaborator, Brandi Carlile), and winning the Grammy Award for Best Americana Performance for her haunting hit ballad, "Dear Insecurity."

Wednesday, Sept. 4, 8 p.m. Tickets start at \$35. Tilles Center for the Performing Arts, LIU Post campus, 720 Northern Boulevard, Brookville. Tickets available at TillesCenter.org or (516) 299-3100.

YOUR NEIGHBORHOOD THE \$CENE

Sept.
7

The Jackie Mason Musical

Laughs abound when this

entertaining show arrives on the Landmark stage, Friday, **Sept. 7**, 8 p.m., and Saturday, Sept. 8, 3 p.m. It's based on the playwright's 10-year whirlwind romance with comedy legend Jackie Mason, featuring a hilarious cast of characters, including lovechild comic Sheba Mason. Since the passing of the eight-time comic in late 2021, the ending has been written. The Jackie Mason Musical begins at a deli in Miami Beach in 1977, where Jackie — then a 46-year-old comedian — spots college girl Ginger (played by Jackie and the playwright's real life daughter Sheba Mason in the Off-Broadway production).

Along for the ride is her overbearing mom and five off-beat characters. Soon Jackie is wooing Ginger each winter whenever he's in South Florida churning up laughs with the South Beach set. The trouble is, Jackie is also wooing Trixie, a ravishing young Latina server, and Rosa, a senior server with attitude. Jackie is a "player," albeit a Delicatessen player, manipulating dates, and times, all managed by a sidekick named Wooley the Shlepalong who is constantly on the go with excuses and fallback plans for the comic's escapades — sometimes juggling as many as four women a day — a fact that sends Ginger into romantic distress. It's a tour de force highlighting Mason's romantic misadventures as Broadway stardom emerges and Sheba is born. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. Visit LandmarkOnMainStreet.org for tickets and information, or call (516) 767-6444.



Abundant Apple Trees

Fall arrives soon and Long Island Children's Museum is ready to welcome the season, Thursday, **Sept. 5**, 2:30-4 p.m. Drop by the Inner Lobby craft table with the kids to take part in a themed craft using various materials. September is the month most apples are at their peak for harvesting, so make an apple tree craft to bring home. Long Island Children's Museum, Museum Row, Garden City. (516) 224-5800 or LICM.org.

Art talk

Grab your lunch and join Nassau County Museum of Art Docent Riva Ettus for her popular "Brown Bag Lecture" at the museum, Thursday, **Sept. 5**, 1 p.m. She'll discuss the current exhibition, "Seeing Red: Renoir to Warhol." Participants are invited to ask questions at the end of the in-depth program and also participate in a guided exhibition tour following the lecture. No registration required, but limited seating. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.



Rockin' Labor Day

Rock on at Point Lookout for a rousing Labor Day weekend celebration, at Town Park Point Lookout, with Mike DelGuidice, Saturday, **Aug. 31**, 8 p.m. The free concert, hosted by the Town of Hempstead, concludes with a fireworks show.

DelGuidice, known for his appearances with Billy Joel, captivates audiences all over with his renditions of the Joel hits, along with his own tunes. 1300 Lido Blvd. in Point Lookout. For information, visit toh.li.

Game Time

Drop by Bayville Free Library, Wednesdays, 1-4 p.m., for casual table games. Bring your own games or use games offered by the library such as; cards, Canasta, Mah Jongg, Scrabble, chess, checkers, backgammon, and jigsaw puzzles. No registration required. 34 School St. For more information, visit BayvilleFreeLibrary.org or call (516) 628-2765.

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Shake your belly

Kids ages 5-13 can express themselves in Belly Dance workshop, Saturday, **Sept. 7**, 2-3 p.m., hosted by Sea Cliff Arts Council. This session is perfect for young girls who want to explore the fun and expressive world of belly dance. Through engaging and age-appropriate activities, with instructor Valeria Lujan, participants learn basic dance movements while gaining confidence and coordination.

Kids only need to bring water and a long skirt (optional) and come ready to have fun. Everyone will receive a hip scarf to take home, and the workshop will be accompanied by authentic music. \$16 fee. 86 Roslyn Ave., Sea Cliff. Visit SeaCliffArtsCouncil.org for more information.

Oyster Bay High School Reunion

Oyster Bay High School Class of 1974 celebrates its 50-year reunion at Seawanhaka Yacht Club, on Centre Island, Saturday, **Sept. 21**, 6-10 p.m. Everyone is encouraged to attend. 314 Yacht Club Road. For more information, visit obhs1974reunion.rsvp-com.

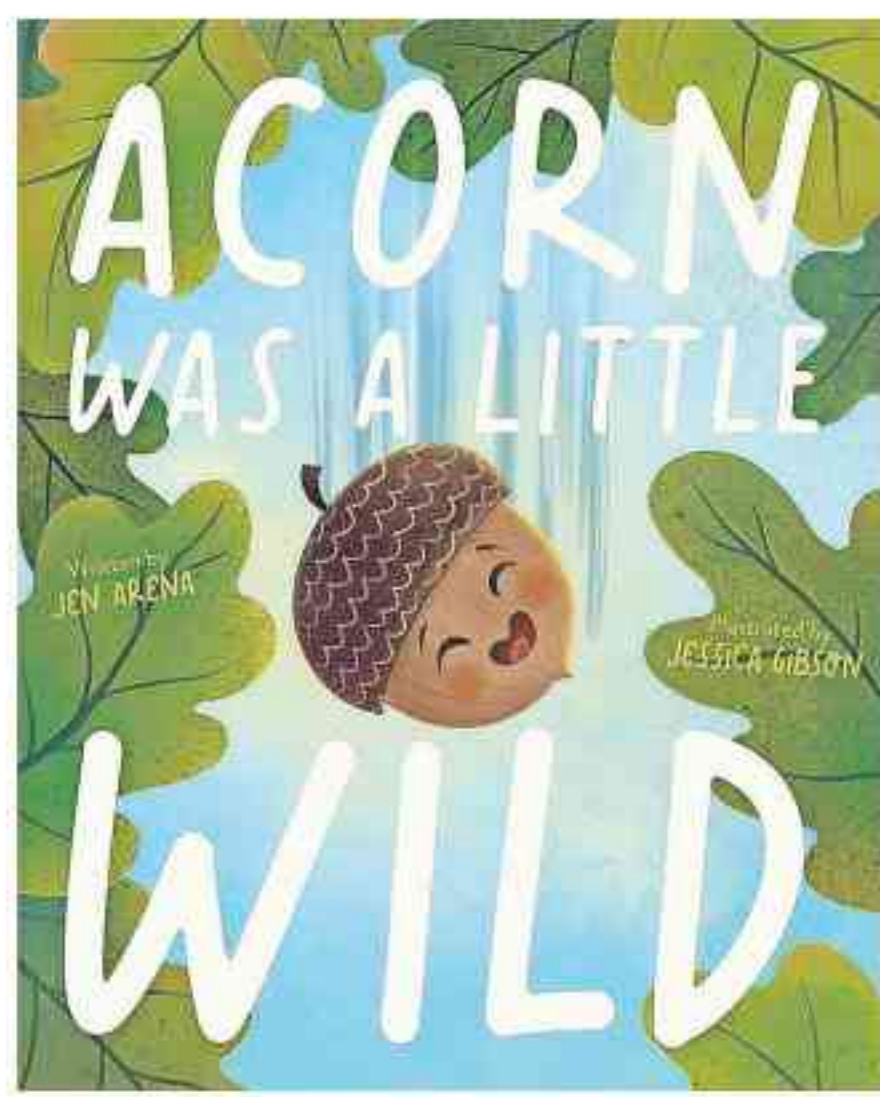
Nov.
19

Deep Roots Farmers Market

Visit Deep Roots Farmers Market, Saturdays from 9 a.m. to 1 p.m., through **Nov. 19**, at Garvies Point Park. Choose among all sorts of delectable goodies. The market offers locally grown vegetables, farm fresh eggs, meats and dairy, fresh baked breads and pastries, artisan cheeses, fresh seafood, local honey, prepared foods, pastas, jams, coffees, and more.

Downtown Sounds

Glen Cove BID presents its annual Downtown sounds concert series through Aug. 30, D'Votion featuring Marvin Floyd closes the series with an Earth Winde & Fire tribute, at Village Square in downtown Glen Cove, 7:30 p.m. Visit GlenCoveDowntown.org for more.



Storybook Stroll

Bring the kids to Old Westbury Gardens for another storybook adventure, Saturday, **Sept. 7**, 10:30-11:30 a.m. Stroll the gardens and listen to Jen Arena's "Acorn Was A Little Wild!" Later create a unique take home craft. The stroll starts at the Beech Tree (next to Westbury House), ending at the Thatched Cottage. For ages 3-5. Old Westbury Gardens, 71 Old Westbury Rd., Old Westbury. For information visit OldWestburyGardens.org or contact (516) 333-0048.

Having an event?

Items on The Scene page are listed free of charge. The Herald welcomes listings of upcoming events, community meetings and items of public interest. All submissions should include date, time and location of the event, cost, and a contact name and phone number. Submissions can be emailed to thescene@liherald.com.

On exhibit

Nassau County Museum of Art's latest exhibition "Seeing Red: Renoir to Warhol," reveals the many meanings, connotations, and associations of this powerful color in art. Evoking strong emotion, red can represent the human condition. Its myriad variations have come to signify authority as well as love, energy and beauty. Red warns us of peril and commands us to stop, but it can also indicate purity and good fortune. Red boldly represents political movements and religious identities. From the advent of our appreciation for this color in antiquity to its continued prominence in artistic and popular culture, this exhibition will span various world cultures through a range of media.

It features more than 70 artists, both established and emerging, ranging from the classical to the contemporary. American portraitists such as Gilbert Stuart imbued red in their stately paintings of prominent individuals to conjure authority. Robert Motherwell, Ad Reinhardt, and other major abstract painters displayed a deep fascination with red in their commanding compositions that evoke a sense of chromatic power. And, of course, Andy Warhol is known for his bold and imposing silkscreened portrait of Vladimir Lenin saturated in bright red to his signature Campbell's Soup Cans. On view through Jan. 5. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.



Sept.
28

Art League of L.I. exhibit

In support of Breast Cancer Awareness Month, the Art League of Long Island presents "Retrospect - The Individual Art of Collaboration in Reconstructive Surgery." The exhibit delves into the interplay between personal artistry and collaborative efforts in the context of breast reconstruction, showcasing how the healing process can transcend medicine to become an inspiring narrative of restoration and personal resilience. This unique exhibition explores the intersection of medicine and art through the lens of two accomplished breast reconstruction surgeons, Dr. Ron Israeli and Dr. Jonathan Bank, whose careers and artistic endeavors are deeply intertwined.

The works on display show the multifaceted nature of artistic expression in medicine and surgery. Their work emphasizes the importance of collaborative creativity in the healing process, offering viewers a unique perspective on the emotional and physical aspects of breast reconstruction. On view **Sept. 28** through **Oct. 18**. Jeanie Tengelsen Gallery at Art League of Long Island, 107 East Deer Park Road, Dix Hills. Visit artleagueli.org for more information.

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‘Back to School Night’ fun at NUMC

By JORDAN VALLONE
jvallone@liherald.com

The Nassau University Medical Center hosted its “Back to School Night” on Aug. 20, featuring a variety of activities designed to prepare students for the new school year while promoting safety and wellness in the community.

“This was a great event to support our community’s students and families as they prepared for the upcoming school year,” Meg Ryan, the interim chief executive and president of NUMC said. “Our Back to School Night was about more than just supplies for the classroom — it was about ensuring the safety and well-being of our children and community.”

Held in the Main Lobby at NUMC’s campus in East Meadow, the event included an engaging bike safety session, emphasizing the importance of safe riding practices for children. Participants also had the opportunity to win one of two bicycles raffled off during the evening.

NUMC gave away 100 backpacks filled with essential school supplies to help students start the year equipped and ready. Attendees enjoyed refreshments throughout the evening, creating a festive and supportive atmosphere for families.

In addition to the school-related activities, the event featured a Narcan training session, providing valuable knowledge on how to respond to opioid overdoses, an important skill in today’s world.

The hospital also announced recently that its clinic will begin offering evening hours every Tuesday and Wednesday from 6 to 9 p.m., offering general, pediatric and women’s health services.

“We are excited to offer these extended hours to better serve the needs of our community,” Ryan said. “There has been



DJ White, 7, received a high-five after winning a bicycle helmet.

a growing demand for flexible health care options, and we are pleased to be able to meet this need. Our new evening clinic hours reflect our commitment to providing accessible, high-quality health care to all individuals, regardless of their schedule.”

The expansion aims to accommodate the increasing need for flexible health-care options, allowing patients to receive care without interrupting their daytime commitments, the hospital said. The evening clinics are open for walk-ins, making it easier for patients to access essential medical services.

With the back-to-school season approaching, NUMC’s pediatric clinic is offering comprehensive physical exams and immunizations to ensure children are ready for the new school year. Additionally, the clinics provide a wide range of services for adults and women, including preventive care, routine check-ups, and specialized consultations.

Staffed by NUMC’s health care professionals, the evening clinics are dedicated to delivering compassionate and comprehensive care, whether it’s a routine check-up, a back-to-school physical, or a consultation.



Alice Moreno/Herald photos

The lobby of the Nassau University Medical Center was abuzz last week at its ‘Back to School Night.’ The Jaison family from East Meadow perused a table, picking out which books to take home.



Marisa Plotkin, right from NUMC, handed out a book to a young visitor.

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NOTICE OF SALE
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Plaintiff, vs. STUART J.
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Pursuant to an Order
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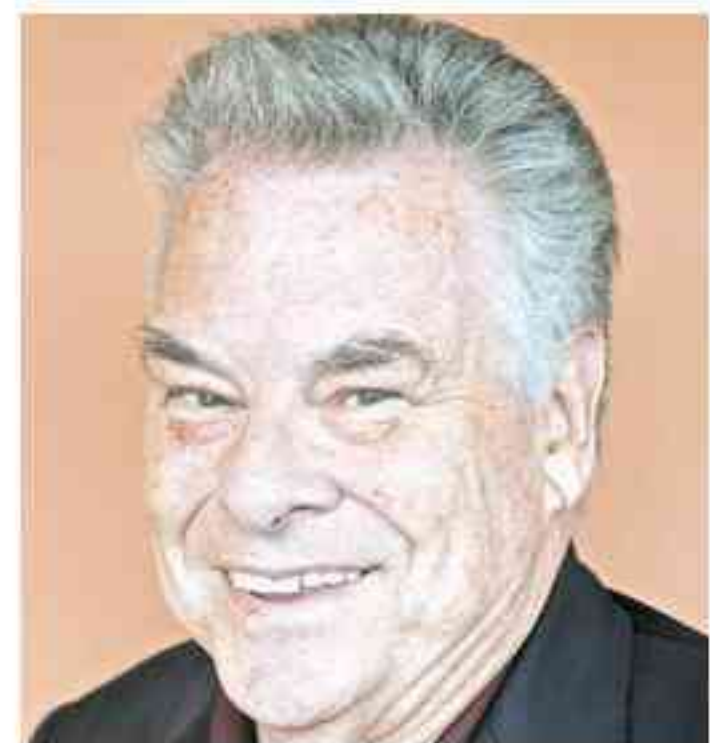
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OPINIONS

Vance needs to get his immigrant story straight

The Republican nominee for vice president, J.D. Vance, recently claimed that waves of Italian, Irish and German immigrants in the 19th century created “ethnic enclaves” and “inter-ethnic conflicts.”

Attempting to prove his point, Vance cited “Gangs of New York,” the 2002



PETER KING

Marin Scorsese film starring Daniel Day-Lewis, Leonardo DiCaprio and Cameron Diaz. I strongly believe that Vance was historically wrong and off the mark on all counts.

As a grandson of immigrants, let me make clear my own position

that the United States is a land of immigrants, and over the generations, immigrants have been the lifeblood of America, weaving their hard work and imagination into our national fabric. I just as strongly believe that immigration must be legal and regulated. A nation without borders soon will no

longer be a nation, which is why the Biden administration’s open-border policy has been so perilous.

Critical as I am of President Biden’s immigration policies, I consider Vance’s conclusions an uninformed interpretation of history and a gratuitous cheap shot at New York, which in the 19th and early 20th centuries was an exemplar of the benefits of immigration.

For starters, the main protagonist in “Gangs of New York” was Day-Lewis’s William “Bill the Butcher” Cutting, a killer who headed a nativist gang that attacked and terrorized Irish immigrants. Entirely the opposite of what Vance was claiming.

More telling than Vance’s misreading of the film he was relying on to make his misguided point was his myopic depiction of neighborhoods in which immigrants settled as “ethnic enclaves” rather than vital components of the stained glass window mosaic that made New York the world’s greatest city.

These so-called enclaves were in truth neighborhoods where immigrants could actually avoid conflict and attacks from anti-immigrant know-nothings, and adapt to their new world

while being with their “own kind.” This might not have been perfect, but it worked. As Sen. Pat Moynihan eloquently described in his classic work “Beyond the Melting Pot,” each generation would move forward from its enclave while maintaining its own identity and adding to the mosaic’s overall beauty. Depending on what skills and traditions were brought over

from the old country, some groups would advance further or in different fields than others.

For example, Irish Catholic immigrants had the advantage of speaking English, or at least our version of it. Plus, they were able to take their Catholic experience of having grown up in local parishes, under the overall tight control of bishops, and adapt it to New York’s politics, which they took over and controlled for decades.

But each of these groups, and the immigrants who followed, made enormous contributions to New York, and indeed to the nation, in industry, labor, education, law enforcement, the arts, the military, finance, sports, science, and so much more. All this resulted from an experiment that succeeded to an extent unequaled anywhere in the world.

Illegal immigration is dangerous, and must be stopped. It poses a definite terrorist threat and an economic danger to American citizens and lawful immigrants. But to make their case against it in this presidential campaign, Republicans should not use false, unintelligent, nativist arguments that besmirch the value and benefit that legal immigration brings to all Americans.

Just as Vance sees nobility and dignity in his self-described hillbilly heritage, so too should New Yorkers, and Long Islanders, be proud of our immigrant ancestry. That is what will make America great again.

Peter King is a former congressman, and a former chair of the House Committee on Homeland Security. Comments? pking@liherald.com.

Congestion pricing may again haunt motorists

Like the Ghost of Christmas Past, or Lazarus rising from the dead, congestion pricing, sidelined earlier this year by Gov. Kathy Hochul, is due to rear its ugly head sometime later this year. The question is, what form will it take, and will it be any better than the past version?



JERRY KREMER

With little regard for motorists or truckers, this year’s version was an arrogant and blind proposal destined to become an albatross around the necks of any drivers daring to venture into Manhattan below 60th street. The bosses of the Metropolitan

Tan Transportation Authority, led by their arrogant chairman, Janno Lieber, decided in advance that the public would swallow whatever plan they decided on. To paper over the plan, the MTA conducted a series of sham hearings, and then told the world that on June 30, the MTA would start collecting the higher tolls — \$15 for cars and \$35 for trucks.

Hochul, acting on a number of complaints that the plan was ill-conceived, shocked the bureaucrats by pulling the plug at the last minute. Supporters of the plan, anxious for the MTA to start hauling in the cash, were shell-shocked that the governor would have the nerve to halt its efforts. Numerous groups asked for changes in the proposal, but even the fairest suggestions were brushed aside.

There is no doubt that some of the claims for exemptions were hoggish and undeserved, but some of the pleas were well-motivated and worthy of consideration. To judge what is fair or unfair, you only had to take a look at the London congestion program to decide how to charge drivers who enter the congestion zone. The tolls there are collected only up until 6 p.m., and drivers can enter the city toll-free after that. The MTA, apparently oblivious to the theater industry and Manhattan’s countless restaurants, was determined to collect tolls at all hours. To add to the woes of these businesses, the charges for trucks were destined to become a consumer tax on every item sold in any

retail establishment in the city.

How did the London authorities get all the business interests to support their plan? They did it the old-fashioned way. They met with every possible

interest group and got support from all meaningful voices. What did the MTA do to win over its opponents? Nothing. Assuming that it was the only important voice on the pricing plan, the agency went full speed ahead, ignoring any serious claim for relief from the tolls.

What role has the New York City government played in this bruising battle? Mayor Eric Adams,

who is supposed to protect the city’s business interests, sided with the MTA by stepping back and doing nothing. Has the city played any role in the traffic mess that drivers face every day as they attempt to work their way through perpetual gridlock? Much of that mess is due to the city’s years and years of traffic-related mistakes. Four of the five boroughs are choked with bicycle lanes that were created wherever the traffic commissioners wanted them.

A typical traffic disaster is Lexington Avenue. There are bus lanes on the

street that can barely handle double parking by trucks seeking to deliver products for commerce. School buses, and many of the thousands of Uber and Lyft cars trying to work their way through, face blockades from east-west traffic on the cross streets.

What has the MTA done to win over converts since Hochul stalled the plan? London officials worked hard to get unanimous support for their plan. But Lieber sits in his MTA ivory tower, content to let the politicians do the heavy lifting. Everybody agrees that with some honest bargaining, a fair toll plan could be agreed on that would lessen the burden on all sides.

Hochul has done her best to stall the plan, in the hope that some honest compromise can be reached. But once the State Legislature is forced to do something to keep trains and buses running, the lawmakers will pass legislation that will still make a lot of people very unhappy.

Jerry Kremer was an assemblyman for 23 years, and chaired the Assembly’s Ways and Means Committee for 12 years. He now heads Empire Government Strategies, a business development and legislative strategy firm. Comments about this column? jkremer@liherald.com.

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HERALD EDITORIAL

‘After-school’ activities benefit those of all ages

As the new school year begins on Long Island, students are returning not only to classrooms, but also to a vibrant world of extracurricular activities. While we often associate clubs, sports teams and after-school programs with youth development, it’s crucial to recognize that the benefits of such involvement extend far beyond childhood and adolescence. In fact, adults in Nassau County and beyond have just as much to gain by getting involved in activities outside their daily routines.

For students, the advantages of participation in extracurriculars are well documented. A study published in the Journal of Youth Development found that students involved in such activities were 15 percent more likely to attend college, and had a graduation rate 12 percent higher than their uninvolved peers. Moreover, these students reported higher levels of self-esteem and lower rates of depression and anxiety.

Local success stories abound. Look no further than all of the Regeneron Science Talent Search finalists whose journeys begin in our local schools’ robotics and science research clubs. Or the many All-American student-athletes who lead

our high school teams to victory.

But the benefits of extracurricular involvement aren’t limited to the young. Adults who take part in community organizations, hobby groups or sports leagues often report improved mental health, expanded social networks, and a greater sense of purpose. According to study in the Journal of Happiness Studies, adults who regularly engaged in group activities reported a 25 percent increase in life satisfaction compared with those who did not.

Nassau County offers a wealth of opportunities for adult involvement. Whether it’s signing up for a book club at the local library, joining a pickleball league in your neighborhood Nassau County park, or volunteering at the North Shore Animal League, there’s an avocation for everyone.

For those who are serious about physical activity, organizations like the Long Island Road Runners Club promote fitness and camaraderie among members of all ages and skill levels. Meanwhile, volunteering with groups such as Island Harvest offers a chance to give back to the community while forging meaningful connections.

The value of these activities extends

beyond personal fulfillment. A report by the Corporation for National and Community Service, also known as Americorps, found that volunteers have a 27 percent higher likelihood of finding employment after being out of work compared with non-volunteers. This statistic underscores the networking and skill-building aspects of extracurricular involvement.

In today’s fast-paced world, it’s easy to become consumed by work and daily responsibilities. However, engaging in extracurricular activities provides a crucial balance, offering opportunities for personal growth, stress relief, and community connection. As we watch our children discover new passions and develop important life skills through their after-school pursuits, let’s take inspiration from their enthusiasm and curiosity.

This fall, as Long Island’s students dive into a new year of learning both in and out of the classroom, let’s make it a community-wide initiative to explore the rich tapestry of extracurricular activities available to those of all ages. By doing so, we not only enrich our own lives, but also contribute to the vibrancy and interconnectedness of our communities.

LETTERS

Fossil fuels, offshore wind and the need for climate action

To the Editor:

Re “To beat the heat on Long Island, we must fight fossil fuels,” by Lauren Krueger, and “Offshore wind is the answer for Long Island,” by Melissa Parrott: These two opinion pieces accurately pinpoint the negative role played by fossil fuel companies in combating climate change, and stress the need to rapidly move toward 100 percent renewable energy.

As Krueger shows, the fossil fuel companies have lied to the public for years about the science and dangers of climate change — caused principally by their own products — and continue to spread misinformation and fear about critical renewable energy projects, such as offshore wind. And Parrott makes the point that offshore wind, an inexhaustible, renewable, affordable energy resource available off our South Shore, will go a long way toward meeting our energy needs, safely and in an environmentally friendly manner. Offshore wind is key to our energy future, and to saving our planet.

Unfortunately, there is currently insufficient action to halt the climate chaos we are now experiencing. We are running out of time. The bottom line is this: As the Intergovernmental Panel on Climate Change has stated, to halt the rapid global heating we are now experiencing will require deep changes in the basic social, economic and political institutions we currently have.

One obvious and necessary change is to limit the



overriding power of the very industry that is now directly causing the climate crisis. We have the technology to transition away from fossil fuels, but our struggle will not be easy.

JIM BROWN
Conservation co-chair;
South Shore Audubon Society
Island Park

Let’s take a long look at Kamala Harris

To the Editor:

Re “Momalas for Kamala, a thread to unite us,” by Randi Kreiss (Aug. 8-14): As of this writing, Vice President Kamala Harris still has not met with the

OPINIONS

Eroding local control: the danger of Albany's power grabs

Yet again, Democrats have used the cover of darkness to trample on local communities' rights and voices. In the dead of night, legislators from the majority slipped through a sweeping piece of legislation called the Renewable Action Through Project Interconnection and Deployment, or RAPID, Act, under the guise of streamlining the approval process for major renewable-energy and electric-transmission facilities.



**JAKE
BLUMENCRAZ**

The bill would grant the kleptocrats in the Capitol a trump card, allowing them to force projects on New Yorkers.

Sound familiar? Remember the

failed Hochul-control housing power grab? Or the failed Faith-Based Affordable Housing Act power grab?

The RAPID Act would strip municipalities and elected officials of their control, putting decisions about the siting and development of massive renewable-energy facilities in the hands of the Albany supermajority. It would estab-

lish a single forum for reviewing and permitting projects, leaving towns and villages with little more than a token role in the process.

I support the growth of renewable energy, but we cannot sacrifice our safety, health, or communities to satisfy the desires of unelected bureaucrats sitting in an office in Albany drawing lines on a map. Albany doesn't know what's best for our community; we, the people of Long Island, know what's best for our communities. We understand the unique needs of our environment, our infrastructure and our quality of life.

One of the most alarming aspects of the RAPID Act is how it would impose additional burdens on our communities while simultaneously being empowered to ignore them. If a municipality raised concerns about compliance, the state could hold a hearing, but ultimately, the Office of Renewable Energy Siting would have the authority to overrule local regulations. RAPID would shift the burden of ensuring compliance with laws and regulations, but would strip away their power to enforce those laws.

This is not genuine consultation; it's a bureaucratic charade designed to placate communities while Albany seizes control.

Under the RAPID Act, municipalities would be prohibited from requiring renewable-energy developers to obtain local permits, consents, or agreements typically necessary for projects of this magnitude. This would include road use agreements and other local safeguards that protect our communities' infrastructure and environment. In essence, our towns and villages would be sidelined while Albany dictated the terms.

It's not surprising that Democrats are resorting to cloak-and-dagger tactics to seize more control. None of the proposals that steal control from elected officials and give them to the bureaucracy — such as the Faith-Based Housing Act and Hochul's failed Mao-esque land grab — have survived transparency, so the only way to disenfranchise New Yorkers is to do so secretly. We would never stand for the stripping of our God-given democratic rights, and so we were denied the right to have our voices

heard.

Our towns and villages aren't just places on a map; they are where we raise our families, build our businesses, and enjoy our quality of life. The RAPID Act threatens to change all that by erasing the local control that has protected our communities for generations, and turning our communities into nothing more than dots on a bureaucrat's map. Where we see a park where our children play, Hochul's minions see a dot. A wetland nature preserve that protects surrounding communities from flooding? Another dot. A church, a synagogue, a mosque? Just one more dot on a map.

We must ask ourselves: Who is better equipped to make decisions about our future? Local officials who know and care about our community, or bureaucrats in Albany who view us as just another point on a spreadsheet? We need renewable energy, but it must be implemented in a way that respects the voices of the people who live here.

In the Assembly, I will continue to fight Albany Democrats against the erosion of local control. We, the people of Long Island, deserve to have our voices heard.

Jake Blumencranz represents the 15th Assembly District.

LETTERS

press. The Democratic National Convention last week continued the good-feeling tour — and the evasion. The sanitizing of her positions on the issues, in contrast to her previous stances, and the avoidance of her failure as the “border czar” will have additional shelf life.

Her reputation as an abuser of her staff and the high turnover rate among them, as well as her unwillingness to do the work required as V.P., isn't the thread the mainstream media is willing to look at. I can only hope the upcoming debate will focus on the issues and her record. It isn't courage that Donald Trump needs to debate her, but rather the self-discipline to stay away from personal attacks that can only undermine him and cause an unnecessary distraction.

TONY GIAMETTA
Oceanside

Thanks, Peter King, for reflections on Pete Rose

To the Editor:

I read with deep interest Peter King's column “Rethinking the embarrassing saga of Pete Rose (Aug. 15-21). I took particular interest in King's sharing of his views and questions with his son and grandson.

It seems to me that the complete truth of Rose's behavior requires both an investigative exercise and collaborative testi-

mony from others to support his claims. Essentially, nothing he says should be believed unless the facts beyond his statements can be gleaned, and others can offer evidence in support of his behavior. Because his own previous testimony is both incomplete and untruthful, any decisions on whether to include him in the Hall of Fame must serve the public first and his request last.

The years, and now decades, of Rose's lying about betting on baseball — and on the Reds in particular — bring up the need to ask other Hall of Fame members their thoughts on his potential induction, too. In particular, Johnny Bench, a colleague of Rose's on the Reds, says no. Why? Because as Bench states, what rules or pledges of honesty about gambling should our children learn from Rose?

So far, his decades-long behavior suggests there are no pledges from him that we should believe are examples of his character or integrity. When it comes to teaching children, as Bench states, the entire acceptance test is based on character and truthfulness.

Not accepting Rose into the Hall of Fame teaches our children that dishonesty can never be rewarded. Our society must stand for something, and recognize integrity and character.

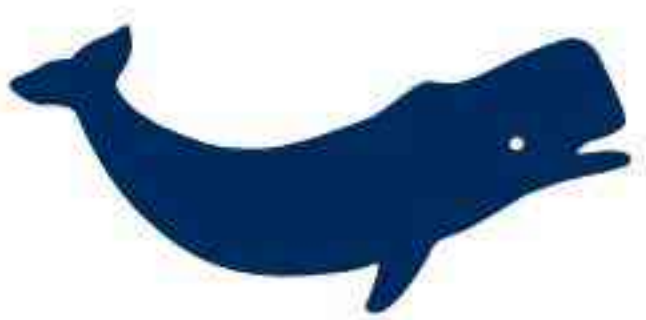
Pete Rose is an undesirable candidate for the Hall of Fame. Despite his performance as a player, he is unqualified.

JOE ABATE
Island Park

FRAMEWORK by Nicholas Fowler



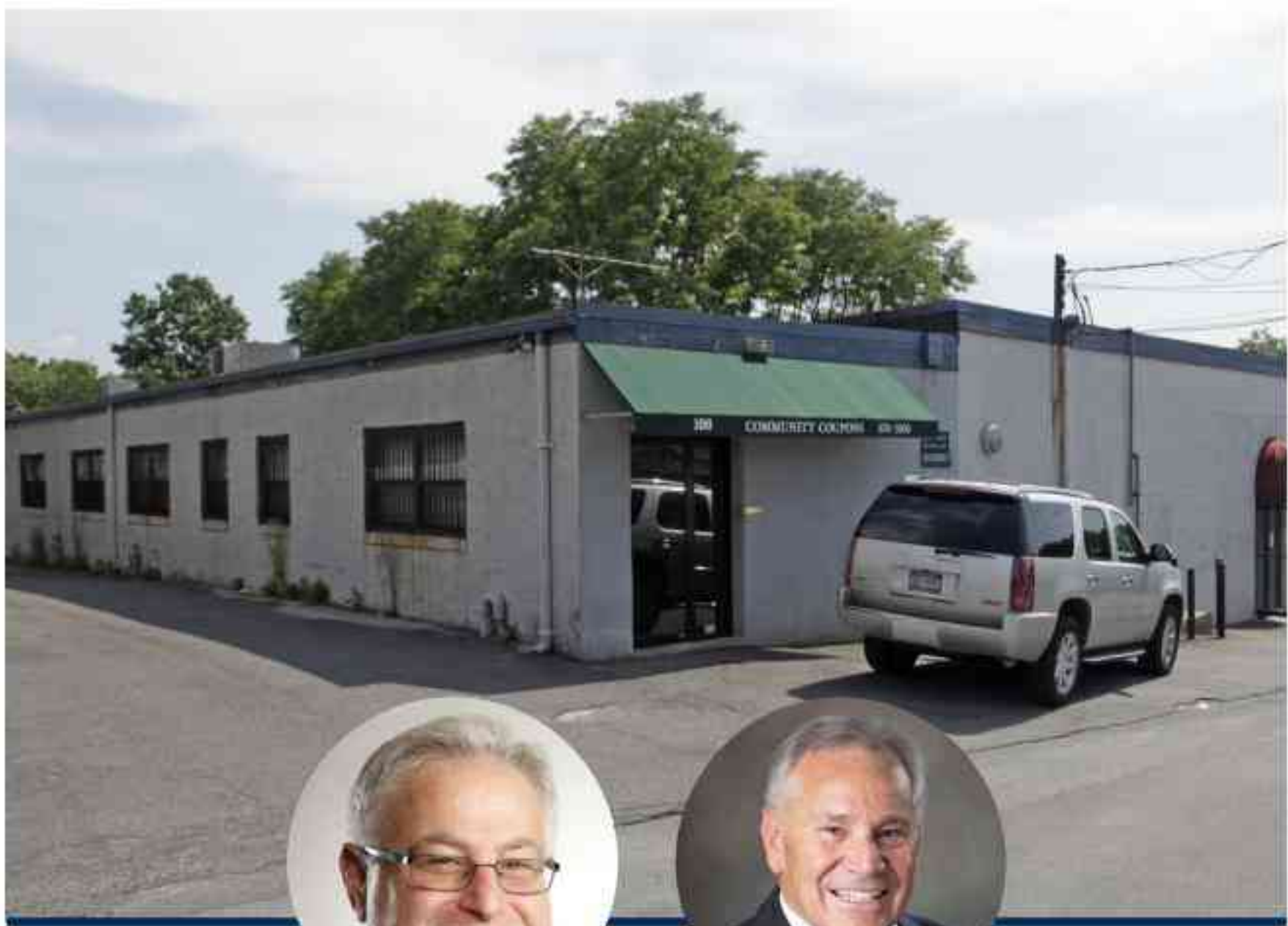
What more fitting place to end the summer than at The End? — Montauk Lighthouse



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